

YORK[®]
FITNESS



NEXUS Treadmill
OWNER'S MANUAL

08JUNE2010



Congratulations on purchasing your exercise equipment from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

contents

safety information	04
customer support	05
assembly instructions	06
operational instructions	08
troubleshooting	16
warranty	17
fitness guide	18
exploded drawing	21
part list	22



safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the product on a level surface.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- This product is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.
- In an emergency take hold of the handrails and place your feet on the side platforms provided, once you are stable pull out the safety key, the treadmill will begin to decelerate until it stops.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes.
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Maximum user weight: 120kg

Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1&6-CLASS HC / BS EN 60335-1. Therefore the equipment carries the following marks:



Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Customer Support

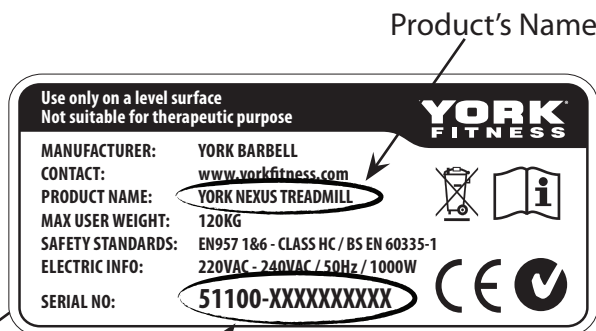
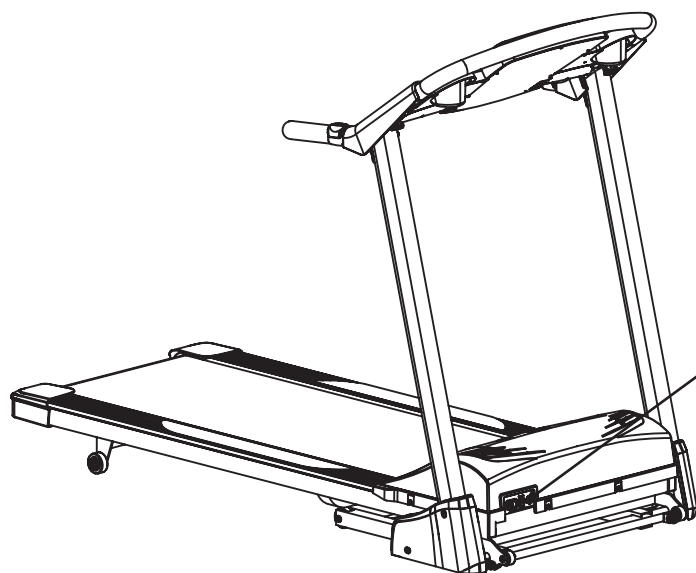
Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.



Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.

Contact Us

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com > Select "Customer Support"
York Barbell UK Ltd.

York Way, Daventry,
England, NN11 4YB

Tel: 0844 255 3112

England Warranty Registration

www.yorkfitness.com > Select "Customer Support"

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au > Select "Contact Us"
York Fitness Australia

1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566

Tel: 1800 730 149

Australia Warranty Registration

www.yorkfitness.com.au > Select "Warranty Registration"

assembly instructions

1. Prepare your work area -

- » It is important you assemble the product in a clean and uncluttered space.

2. Work with a friend -

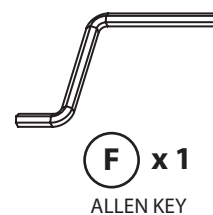
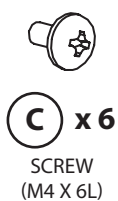
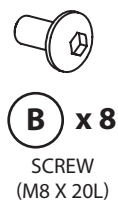
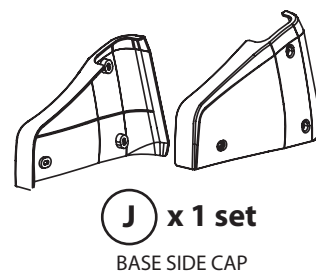
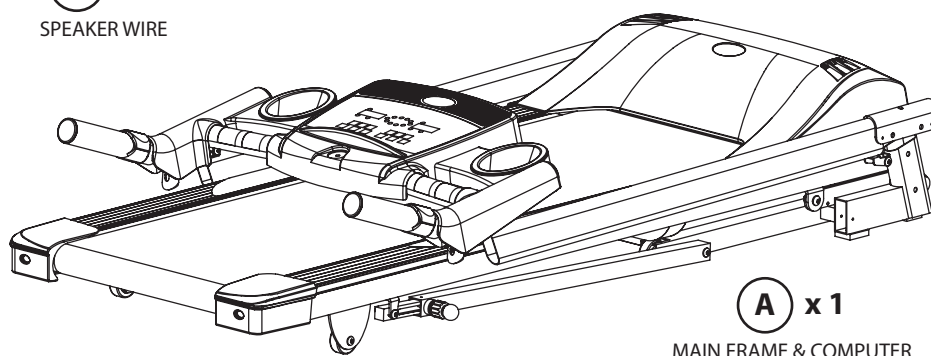
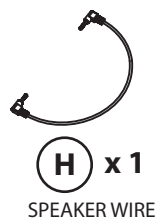
- » We recommend you have someone assist you with the assembly as some of the components are quite heavy.

3. Open the carton -

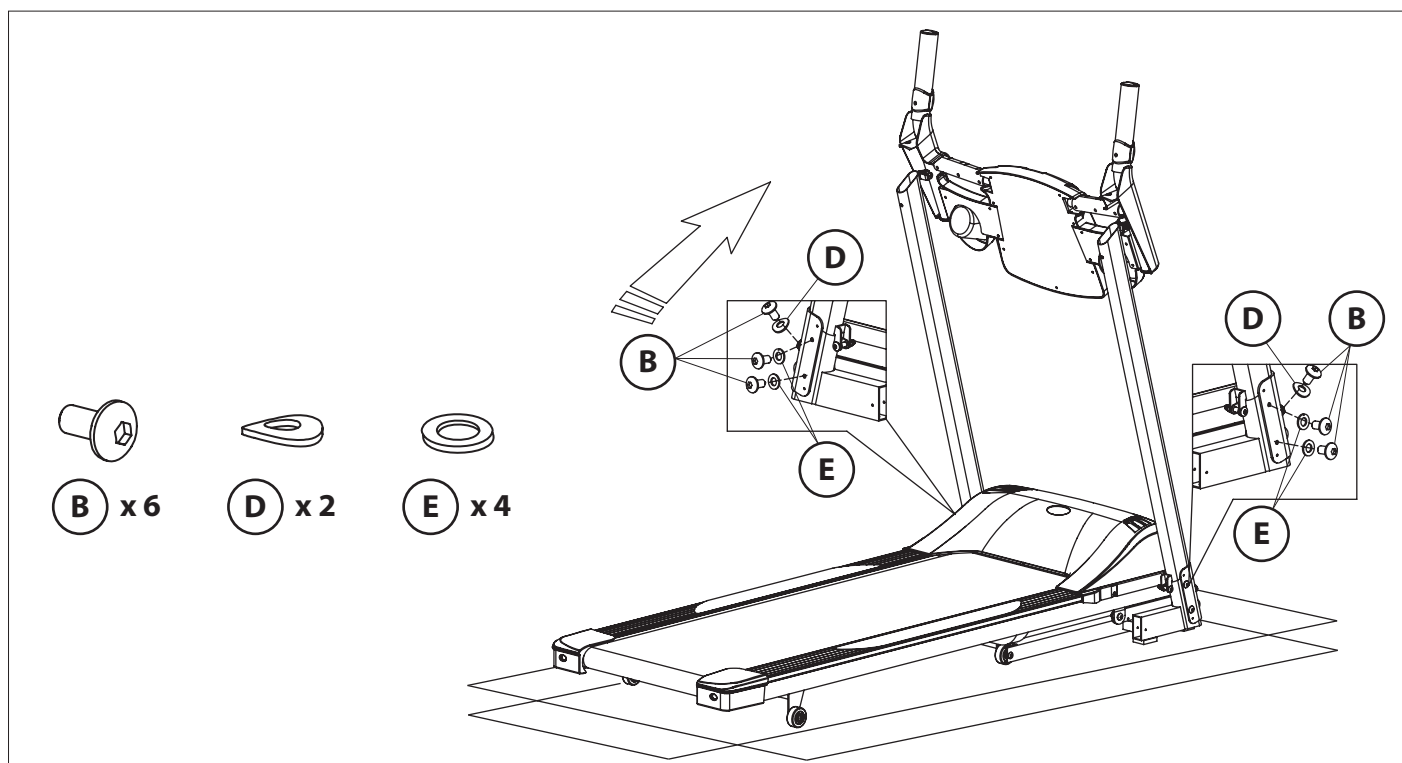
- » Checking any warnings on the carton and make sure you have it the right way up.

4. Unpack the carton - BUT DO NOT TAKE TREADMILL OUT OF THE CARTON

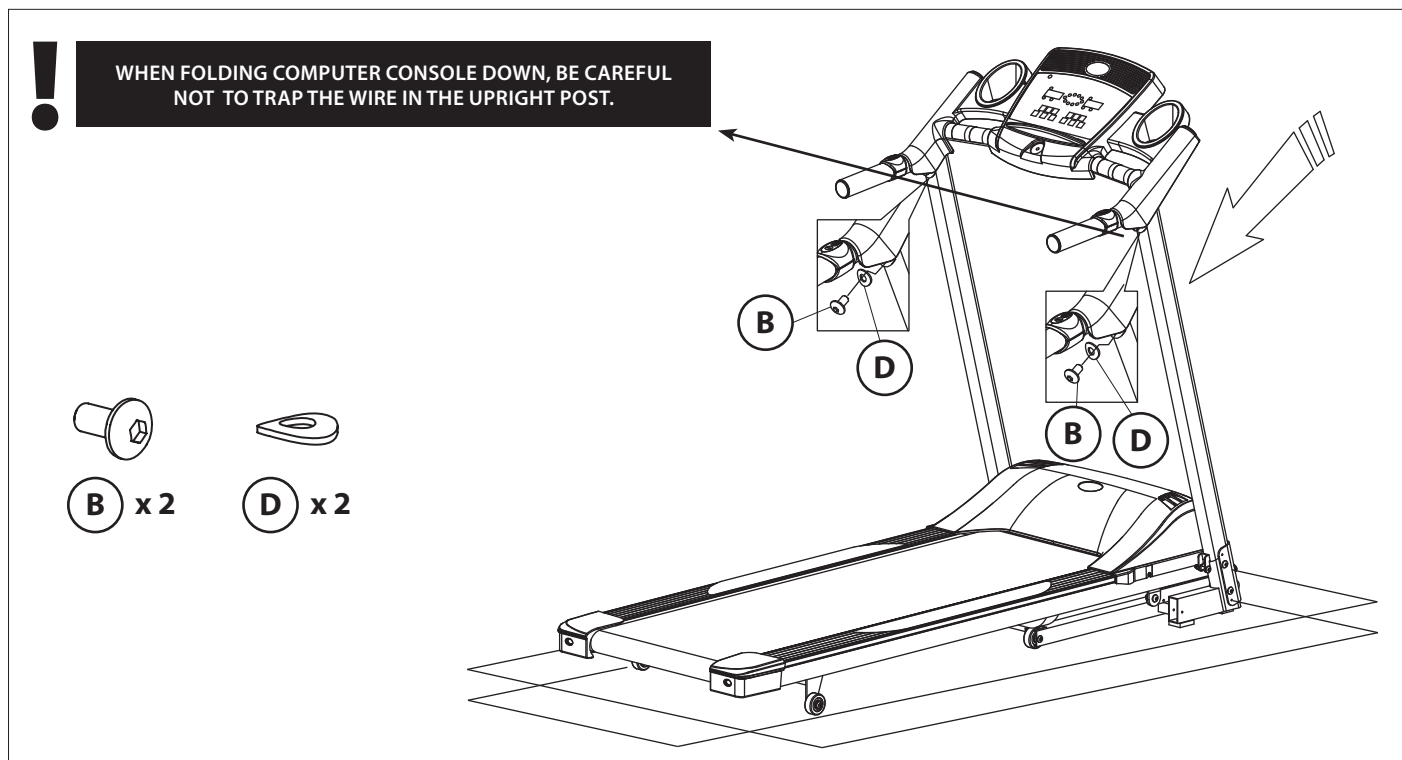
- » Remove all the parts and packaging from above the treadmill and lay them out on the floor.
- » Flatten the sides of the carton and remove the rest of the packaging from around the treadmill.
- » Make sure you have the following parts:



STEP 1

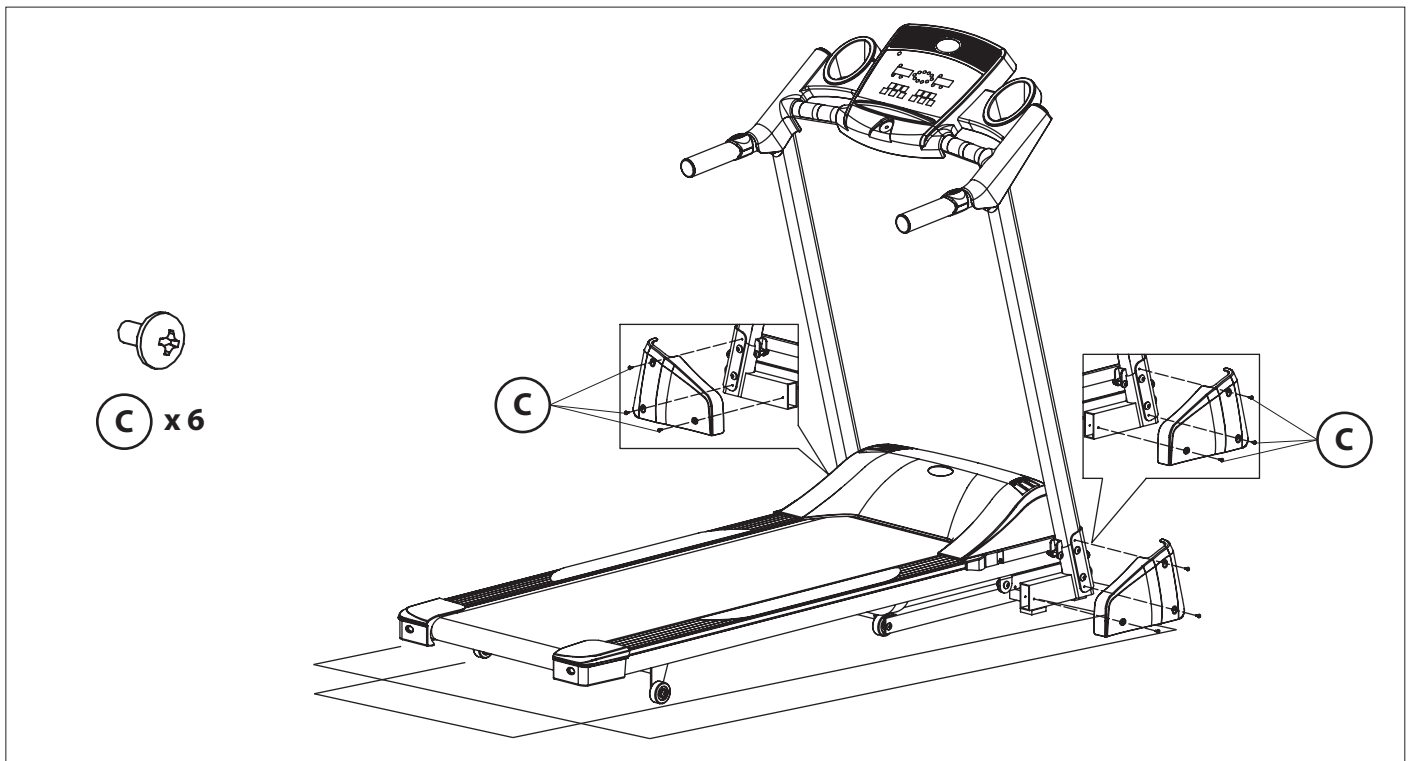


STEP 2



assembly instructions

STEP 3



Final Check

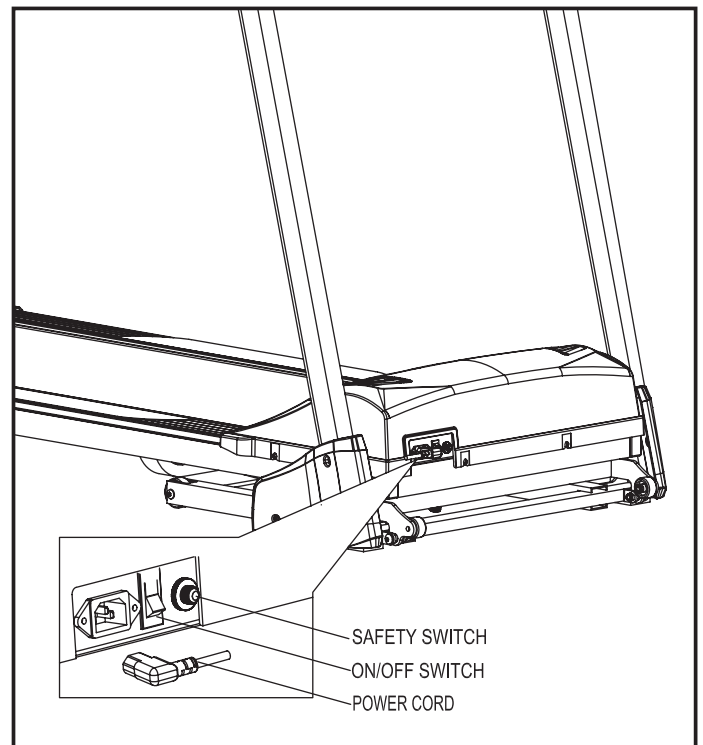
Your treadmill is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

POWER UP

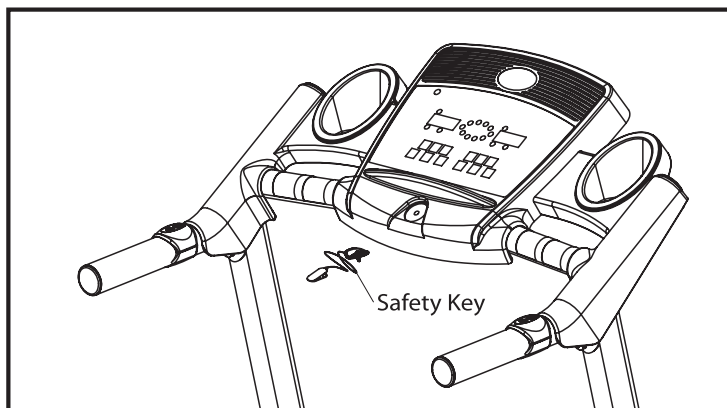
Plug one end of power cable into the treadmill as shown.
Plug the other end into a suitable AC outlet (220-240 volt, 50Hz).
Switch the treadmill on using the on/off switch.
Attach the safety key to the console.

NOTE: Before you run on the treadmill for the first time, use the Quick Start instruction and allow the treadmill to run independently for 10 minutes. Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see next page for more details.



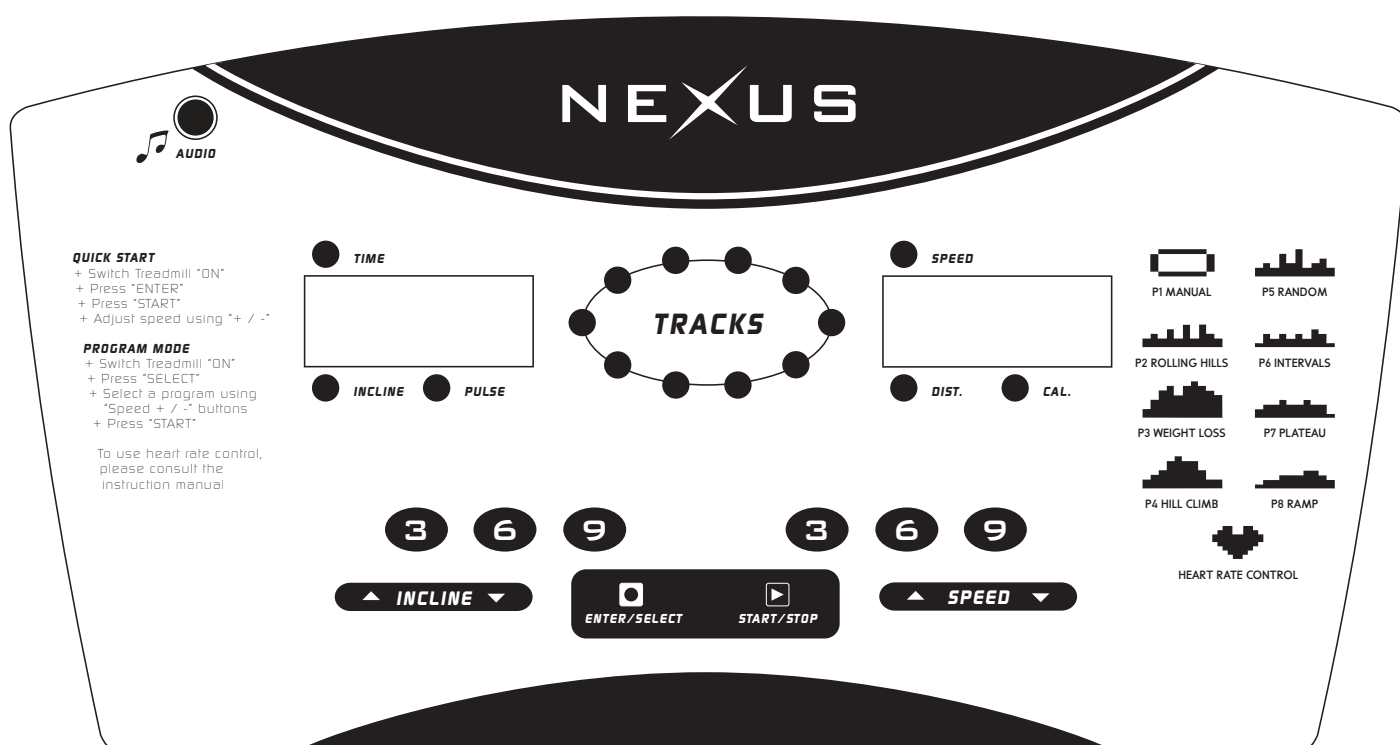
Safety Key

The treadmill will only operate when the safety key is in position - if the safety key is removed while the treadmill is in operation, it will stop immediately. Before every workout session please make sure you attach the safety key to the console and the clip at the other end to your clothing. When the treadmill is not in use, you should remove the safety key and store it somewhere safe, out of the reach of children.



Quick Start

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position.
2. Press the **"ENTER"** button.
3. Press the **"START / STOP"** button.
4. The treadmill mat will slowly begin to move (0.8 km/h).
5. Use the **"+ / -"** buttons to change the speed and incline.



operational instructions

Major Function Keys

KEYS	FUNCTIONS
START / STOP	<ul style="list-style-type: none">Starts or stops the desired program.
ENTER / SELECT	<ul style="list-style-type: none">Press this button to confirm your desired program or setting value.During exercise mode, press this button to switch display for time, incline, pulse and distance, calories, speed.
SPEED +	<ul style="list-style-type: none">Press this button to select a program.During the setting mode, press this button to increase the setting value.During the exercise mode, increases the speed level in the range from minimum speed through maximum speed shown in the SPEED display. Pressing it once increases 0.2KPH or 0.1MPH. To speed up the increment, hold this button for more than 2 seconds.
SPEED -	<ul style="list-style-type: none">Press this button to select a program.During the setting mode, press this button to decrease the setting value.During the exercise mode, decreases the speed level in the range from maximum speed through minimum speed shown in the SPEED display. Pressing it once decreases 0.2KPH or 0.1MPH. To speed up the decrement, hold this button for more than 2 seconds.
INCLINE +	<ul style="list-style-type: none">Press this button to select a program.During the setting mode, press this button to increase the setting value.During the exercise mode, increases the incline level in the range from 0 to 10. Pressing it once increases 1 level. Speed up the increment by pressing and holding this button for 2 seconds.
INCLINE -	<ul style="list-style-type: none">Press this button to select a program.During the setting mode, press this button to decrease the setting value.During the exercise mode, decreases the incline level in the range from 10 to 0. Pressing it once decreases 1 level. Speed up the decrement by pressing and holding this button for 2 seconds.
SPEED HOT KEYS	<ul style="list-style-type: none">3 Speed Hot Keys are set as 3, 6, 9 KPH.
INCLINE HOT KEYS	<ul style="list-style-type: none">3 Incline Hot Keys are set as 3, 6, 9%.
HANDRAIL SPEED QUICK KEYS	<ul style="list-style-type: none">Press "+ / -" to increase / decrease the speed quickly, the same functions as "Speed + / -" on the overlay.
HANDRAIL INCLINE QUICK KEYS	<ul style="list-style-type: none">Press "+ / -" to increase / decrease the incline quickly, the same functions as "Incline + / -" on the overlay.

LED Displays

DISPLAYS	Descriptions
10 LED TRACK	<ul style="list-style-type: none">One circle = 0.4km (0.25 mile)
TIME	<ul style="list-style-type: none">Display the exercising time counting up or down. Press ENTER twice then adjust by pressing + or - when the treadmill is stopped. The range of counting up is from 00:00 to 99:59 and counting down from 10:00 to 99:00. When the count down reaches 00:00, the monitor will beep for a moment before the treadmill stop.
SPEED	<ul style="list-style-type: none">Displays the current speed. It can be adjust by pressing SPEED + and SPEED - keys.
DISTANCE	<ul style="list-style-type: none">Displays the distance. The range is from 0.00 to 99.99 KM.
CALORIES	<ul style="list-style-type: none">Displays the calories. The range is from 0 to 9999 Kcal.
PULSE	<ul style="list-style-type: none">Displays your heart rate in beats per minute.
INCLINE	<ul style="list-style-type: none">Displays the level of incline from 0 to 10.

Programs

1. Attach the SAFETY KEY to the monitor.
2. Press the ENTER button to enter the setting mode.
3. Press the INCLINE + / - or SPEED + / - buttons to choose your desired program from P1 to P8.

PROGRAMS	Descriptions
P1 - MANUAL	<ol style="list-style-type: none"> 1. Press ENTER to enter this program, the TIME window will glitter. 2. Use the INCLINE + / - or SPEED + / - buttons to setup the desired exercise time. 3. Press ENTER to confirm your setting value. 4. Press START to begin exercise.
P2 TO P5 - INCLINE PROGRAMS	<p>Program 2 to Program 5 are INCLINE PROGRAMS (Incline will change automatically during the exercise).</p> <ol style="list-style-type: none"> 1. Press ENTER button to enter your desired program, the TIME window will glitter. 2. Use the SPEED + / - buttons to setup the desired speed you would like to exercise. 3. Press ENTER to confirm your setting value.
P6 TO P8 - SPEED PROGRAMS	<p>Program 6 to Program 8 are SPEED PROGRAMS (Speed will change automatically during the exercise).</p> <ol style="list-style-type: none"> 1. Press ENTER button to enter your desired program, the SPEED window will glitter. 2. Use the INCLINE + / - buttons to setup the desired incline you would like to exercise. 3. Press ENTER to confirm your setting value.
HEART RATE PROGRAM	<p>The user should hold the hand pulse sensor all the time or wear the heart rate strap if available to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target Heart Rate (THR) is computed at 65% of maximum (220 - AGE). THR can be changed at this time using the INCLINE + / - buttons. Press START and the treadmill starts at 0.8 kph, and the user controls the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate 1% every 30 seconds until the target heart rate zone is reached (THR +/- 5bpm). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.</p>



P1 MANUAL



P2 ROLLING HILLS



P3 WEIGHT LOSS



P4 HILL CLIMB



P5 RANDOM



P6 INTERVALS



P7 PLATEAU



P8 RAMP



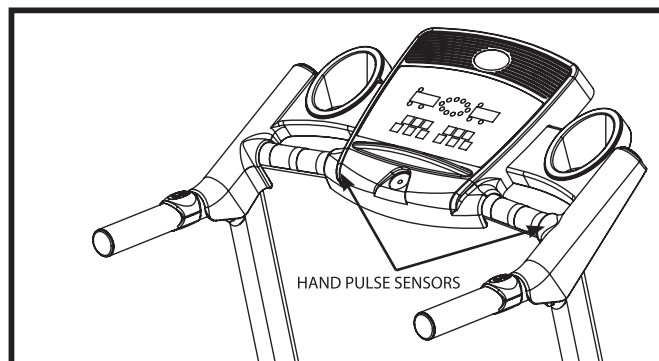
**HEART RATE
CONTROL**

operational instructions

Monitoring Your Heart Rate

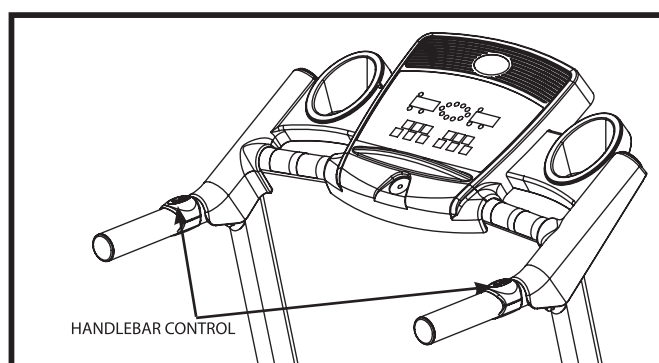
The treadmill is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

NOTE: Some people may not be able to obtain an accurate hand pulse reading due to variations in circulation.



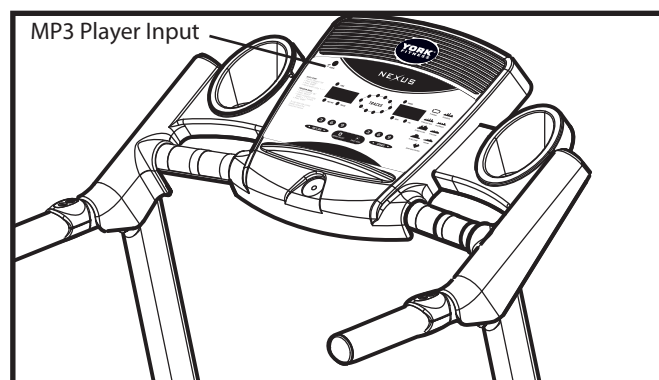
Handlebar Controls

This treadmill features handlebar controls that enable you to change the speed or incline settings. They work just the same as the "+" / "-" buttons on the main console and are provided for extra convenience.



Using the MP3 Player Input

The treadmill comes supplied with a cable that allows you to connect your MP3 player. Simply connect one end into the treadmill and the other end into the headphone socket of your MP3 player. The sound will come from the speakers built into the treadmill. You will need to adjust the volume using your MP3.

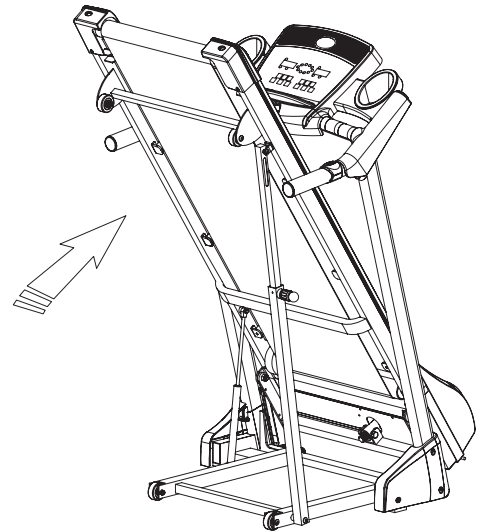


Easy-lift Fold Up

To make storage simple, quick and easy, this treadmill features a hydraulic folding system. To fold:

- Pull the knob with your right hand and lift the running deck with your left hand. Make sure you hear the sound of the deck locking into position - this ensures the deck is locked in place and will not fall back down.

NOTE: Make sure the treadmill incline is at the lowest position before attempting to fold. If the incline is not in the lowest position, folding will damage the mechanism.

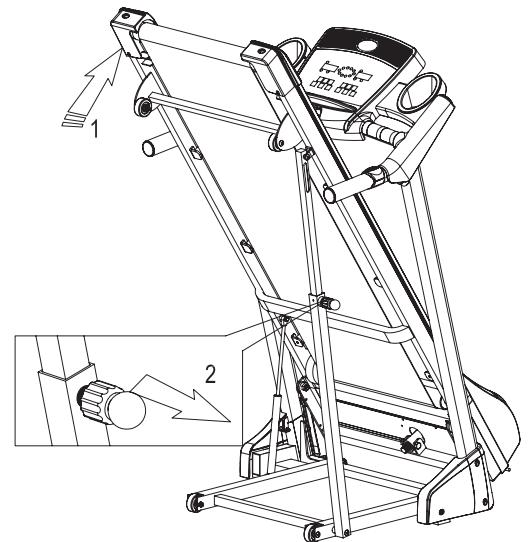


Soft Drop Fold Down

An additional feature that allows the deck to gently lower itself to the floor:

1. Whilst taking the weight of the deck with your left hand, pull the knob with your right hand.
2. Let the deck slowly guide itself down to the floor.

NOTE: Make sure there is nothing obstructing the deck as it lowers.

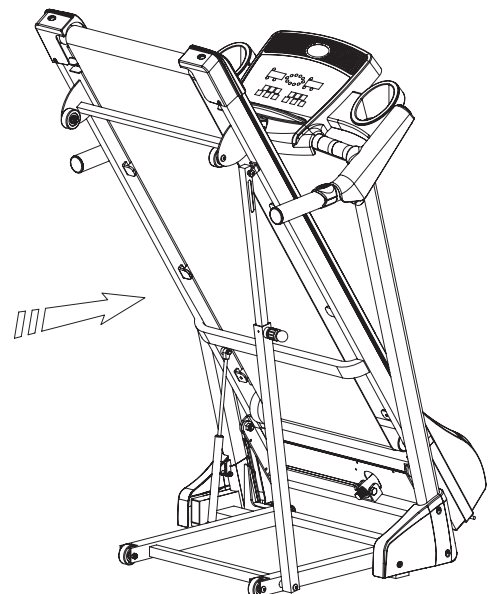


Moving the Treadmill

This treadmill features 4 wheels to help manoeuvrability:

1. Fold-up the deck as explained above.
2. Stand in front of the treadmill, square on.
3. Put one hand on each of the handrails and tilt the treadmill towards you to engage the wheels.
4. Use the handrails to push the treadmill to the desired location.

NOTE: Before moving the treadmill, ensure the power cable is unplugged from the wall and the treadmill.



operational instructions

Storage

Keep the treadmill in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use.



Keeping the deck lubricated is the most important activity you can carry out to prolong the life of your treadmill.

Cleaning

Use a warm, damp cloth to wipe the treadmill surfaces. Mild detergent may be used if necessary.



If in doubt apply a little lubricant

Do not clean between the mat and the running board, silicone lubricant is placed here to keep the mat running smoothly.

Lubrication

An insufficiently lubricated deck will cause the belt, running deck and motor to wear out much quicker. How often you should lubricate depends on usage, we recommend the following:

- » Light use (less than 3 hours a week) - every 8 months
- » Medium use (3 to 5 hours a week) - every 4 months
- » Heavy user (more than 5 hours a week) - every 2 months

You can check for proper lubrication levels at any time by doing the following:

1. Disconnect the treadmill from the power supply.
2. Fold up the running deck, so the treadmill is in the storage position.
3. Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can:
 - » If your hand gets a light coating of lubricant then no further lubrication is required.
 - » If the surface feels dry and your hand feels clean, then apply more lubricant.

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the length of the running deck (underneath the mat). It's important to try and get the lubricant as close to centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit www.yorkfitness.com.

Adjusting Running Mat Tension

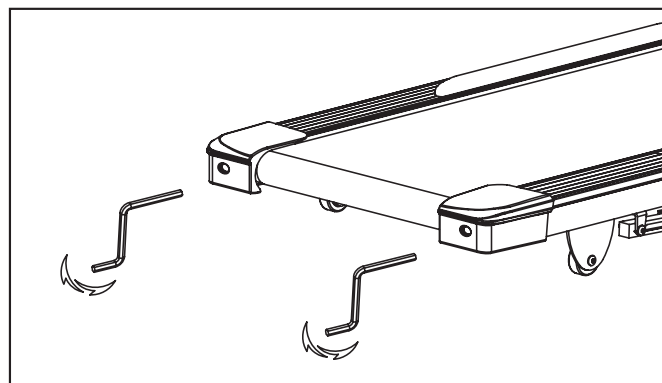
The tension of the mat has been pre-set at the factory; however, with use, the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. To tighten the mat:

1. Set the treadmill to run at 3km/h
2. Locate the adjustment screws at the end of the treadmill (there's one on each side - see diagram below)
3. Using the allen key provided, adjust both screws by 1/2 turn clockwise
4. Re-test the mat tension. If the mat still slips, repeat step 3

TIP: when correctly tensioned you should be able to lift the edge of the mat about 5 - 7 cm - please only check this when the power is turned off.



Check Lubrication Before Adjusting the mat as symptoms can be smaller



If the mat is too tight, turn the screws anti-clockwise



Do not over tighten the mat - only turn the screws 1/2 turn before re-checking the mat

Adjusting Running Mat Alignment

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg, more weight on one foot), or if it placed on an uneven surface - so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck. To re-align:

1. Set the treadmill to run at 3km/h
2. Locate the adjustment screws at the end of the treadmill (there's one on each side - see diagram above)
3. If your mat moves to the right, using the allen key provided adjust the right screw by 1/2 turn clockwise (if it tracks to the left, perform the same operation on the left screw)
4. Let the treadmill run for a minute to see if it re-aligns to the centre. If more adjustment is needed repeat step 3.

troubleshooting



If you have a problem with your treadmill, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
TREADMILL WILL NOT START	<ul style="list-style-type: none"> Not plugged in. Safety key not attached correctly. Treadmill circuit breaker tripped. On/Off switch not turned on. Auto shut down time out. 	<ul style="list-style-type: none"> Plug into suitable outlet. Insert safety pull pin. Reset circuit breaker. On/Off switch turn on. Unplug and re-plug electrical cord.
TREADMILL BELT SLIPPING	<ul style="list-style-type: none"> Walking belt too loose. Deck needs lubrication. 	<ul style="list-style-type: none"> Tighten walking belt. Lubricate belt and deck.
TREADMILL NOISY	<ul style="list-style-type: none"> Loose hardware. Motor straining. Clicking sound - roller knocking. 	<ul style="list-style-type: none"> Tighten all visible screws, nut, and bolts. Check mat tension - 3 finger test. Adjust rear rollers - check the tension.
INACCURATE PULSE RATE	<ul style="list-style-type: none"> Too much hand movement. Palms too wet. Gripping hand grips too tight. Wearing rings. 	<ul style="list-style-type: none"> Stand on side rails to get accurate pulse reading. Dry palms. Grip using moderate pressure. Remove all rings.
INACCURATE HEART RATE STRAP	<ul style="list-style-type: none"> Chest strap pick-ups not moist. Electrical interference. 	<ul style="list-style-type: none"> Moisten pick-ups on chest strap. Keep at least six feet away from TV, computer and fluorescent lights.

Computer Troubleshooting Guide

ERROR CODE	PROBLEM DESCRIPTION	CORRECTIVE ACTIONS
ERR1	<ul style="list-style-type: none"> Wires are damaged or not connected properly. No signal received from the speed sensors for 15 seconds. Speed sensor is too far from magnet. Motor is non-operational or damaged. 	<ul style="list-style-type: none"> Verify all wires are connected properly. If problem persist, contact your local YORK distributor.
ERR6	<ul style="list-style-type: none"> Wires are damaged or not connected properly. Not enough lubricant under the running mat. Motor is non-operational or damaged. Motor controller is non-operational or damaged. The incline motor is non-operational or damaged. The incline motor controller is non-operational or damaged. 	<ul style="list-style-type: none"> Verify all wires are connected properly. Lubricate the treadmill mat. If error persist, please contact your local YORK distributor for advice.
ERR7	<ul style="list-style-type: none"> Wires are damaged or not connected properly. The incline motor controller is non-operational. 	<ul style="list-style-type: none"> Verify all wires are connected properly. Please contact your local YORK distributor for advice.

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 months other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment Please Note: Warranty details may vary from one market area to another.

Warranty Terms

York Fitness warrants that the Product you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another.

fitness guide

Starting Your Workout

Begin each workout with a Warm Up session - a few minutes of stretching to help prevent strains, pulls and cramps.

1. Get onto the treadmill, using the handrails for support, and place your feet on the side rails (either side of the running mat).
2. Activate the treadmill (using the details found in the Operation Instructions).
3. The treadmill will always start at the lowest speed, step onto the mat and walk at the same speed.
4. Continue the rest of your workout.

Finishing Your Workout

1. Turn the treadmill to the lowest speed and incline settings.
2. Using the handrails for support place your feet on the side rails (either side of the running mat).
3. Stop the treadmill.
4. Turn the treadmill off at the main power switch and remove the plug from the electrical outlet.
5. Remove the safety key.
6. If necessary, wipe the treadmill down with a damp cloth.

End each workout with a Cool Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

Correct Running Form

- Run in the centre of the running mat.
- Keep your head erect and look straight ahead.
- Shoulders should be square and level, don't round your shoulders or swing them forwards or backwards.
- Keep your torso erect with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions.
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury.
- Feet should be pointed straight ahead and land directly under the hips.

How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Work out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

- $220 - 35 = 185$ beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

- $185 \times 60\% = 111$ bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

! Always consult your doctor before undertaking a new exercise regime. If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

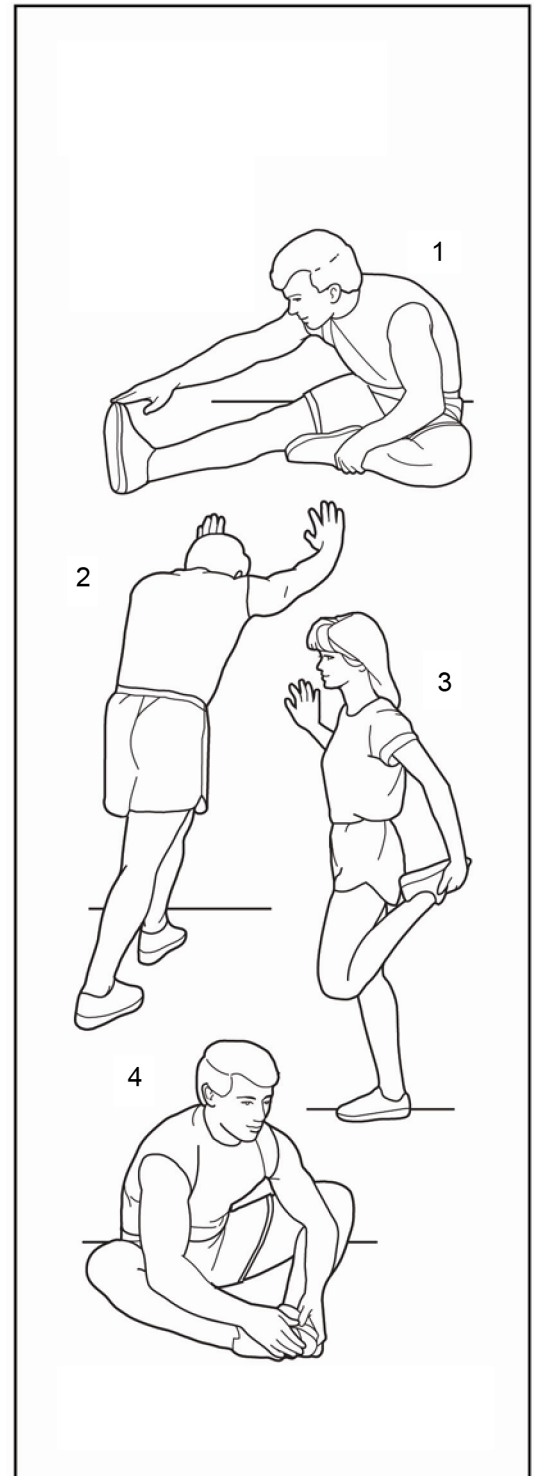
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





part list

KEY	PART NO.	DESCRIPTION	QTY
A01	51100-01	Main Frame	1
A02	51100-02	Console Support & Handle Bar	1
A03	51100-03	Inner Slide Lift Support	1
A04	51100-04	Lower Lift Support	1
A05	51100-04	Right Upright	1
A06	51100-06	Left Upright	1
A07	51100-07	Incline Frame	1
A08	51100-08	Base Frame	1
A09	51100-09	Power Switch Mount Bracket	1
A10	51100-10	Gas Strut Folding	1
A11	51100-11	Front Running Belt Roller	1
A12	51100-12	Rear Running Belt Roller	1
A13	51100-13	Belt Guide	2
B01	51100-14	Computer/ Console (center)	1
B02	51100-15	Top Motor Cover	1
B03	51100-16	Rear Left Endcap	1
B04	51100-17	Rear Right Endcap	1
B05	51100-18	Rubber Deck Mount 25*17	4
B06	51100-19	Base Corner Cover - Left	1
B07	51100-20	Base Corner Cover - Right	1
B08	51100-21	Corner Console - Left	1
B09	51100-22	Corner Console - Right	1
B10	51100-23	Square Internal Endcap 22x22	1
B11	51100-24	Square Internal Endcap 30x30	1
B12	51100-25	Square internal Endcap 30x30	1
B13	51100-26	Cable Tie/ 2.5*100mm	7
B14	51100-27	Cable Tie/ 4*200mm	2
B15	51100-28	Wire Grommet	1
B16	51100-29	Plastic Spacer 4.5MMx5MM	8
B17	51100-30	Transport Wheel/ 38mm	2
B18	51100-31	Transport Wheel/ 50mm	4
B19	51100-32	Foam Grip 36x3x165	2
B20	51100-33	Foam Grip 36x3x70	2
B21	51100-34	Foot Rail	2
B22	51100-35	Round Internal Endcap	4
B23	51100-36	Rectangular Flat Internal Endcap	2
B24	51100-37	Pulley Belt	1
B25	51100-38	Running Mat	1
B26	51100-39	Foot Pad/ 45*36*10mm	4
B27	51100-40	Rubber Deck Mount/ 22*17*6mm	2
B28	51100-41	Non-Slip Rubber Pad	2
B29	51100-42	Controller PCB	1
B30	51100-43	Drive Motor	1
B31	51100-44	Speed Sensor	1
B32	51100-45	Incline Motor	1
B33	51100-46	Connecting Wire/ 70mm	1
B34	51100-47	Connecting Wire/ 45mm	1
B35	51100-48	Connecting Wire/ 53mm	1
B36	51100-49	Connecting Wire/ 120mm	3
B37	51100-50	Earth Wire 120mm	1
B38	51100-51	Filter	1
B39	51100-52	Tranformer	1

KEY	PART NO.	DESCRIPTION	QTY
B40	51100-53	Graphite Core	2
B41	51100-54	Power Cable	1
B42	51100-55	Circuit Breaker Module	1
B43	51100-56	On/Off Switch	1
B44	51100-57	Power Socket	1
B45	51100-58	Lower Wire	1
B46	51100-59	Upper Wire	1
B47	51100-60	Running Deck	1
B48	51100-61	Handlebar Mounted Control Cover - Top	2
B49	51100-62	Handlebar Mounted Control Cover - Bottom	2
B50	51100-63	Hand Pulse Sensor - Top Assembly	2
B51	51100-64	Hand Pulse Sensor - Bottom Assembly	2
B52	51100-65	Speaker Cover	2
B53	51100-66	Speaker	2
B54	51100-67	MP3 Cable	1
B55	51100-68	Safety Key	1
B56	51100-69	Spring Pull Plunger	1
C01	51100-70	C Clip	4
C02	51100-71	Motor Base Screw	2
C03	51100-72	Motor Hook	1
C04	51100-73	Star Washer 4mm	2
C05	51100-74	Flat Washer	7
C06	51100-75	Flat Washer	4
C07	51100-76	Curved Washer	4
C08	51100-77	Flat Washer	2
C09	51100-78	Nyloc Nut M6	1
C10	51100-79	Nyloc Nut M8	12
C11	51100-80	Nyloc Nut M10	7
C12	51100-81	Bush	2
C13	51100-82	Machine Screw	2
C14	51100-83	Hex Head Bolt 10*12mm	2
C15	51100-84	Self-tapping Screw 4*6mm	11
C16	51100-85	Screw 4*12mm	23
C17	51100-86	Cap Allen Head Bolt 8*55mm	3
C18	51100-87	Screw 4*16mm	17
C19	51100-88	Self-tapping Screw 3*23mm	8
C20	51100-89	Screw 4*20mm	2
C21	51100-90	Self-tapping Screw 4*12mm	2
C22	51100-91	Machine Screw 6*25mm	8
C23	51100-92	Bolt 8*45mm	3
C24	51100-93	Hex Head Bolt 10*15mm	2
C25	51100-94	Hex Head Bolt 10*40mm	1
C26	51100-95	Bolt 8*20mm	8
C27	51100-96	Bolt 8*37mm	2
C28	51100-97	Bolt 8*35mm	4
C29	51100-98	Bolt 10*40mm	2
C30	51100-99	Bolt 10*25mm	2
C31	51100-100	Self-tapping Screw 4*16mm	4
C32	51100-101	Self-tapping Screw 4*8mm	2
C33	51100-102	Bolt 8*40mm	1
C34	51100-103	Screw M3*8L	16
	51100-104	Fixing Blister Pack	1

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